

Abstract

Title of the dissertation:

Basic elements of freestyle snowboarding

Aim of the dissertation:

The aim of the dissertation is to make a video programme of freestyle snowboarding disciplines.

Work method:

- Analysing theoretical source materials
- Creating theoretical descriptions of tricks to be used in the video
- Making the video recording
 - selecting tricks and jumps
 - choosing snowboarders
 - choosing terrain
- Making the instruction video
 - editing the material that has been filmed
 - sound commentary
 - creating graphics

Results:

Freestyle snowboarding is a sport which is gaining in popularity among both children and adults. Therefore our work will serve not only as an introduction to the basics of freestyle snowboarding but it can also help people to become proficient in it.

Keywords:

Snowboarding, freestyle snowboarding disciplines